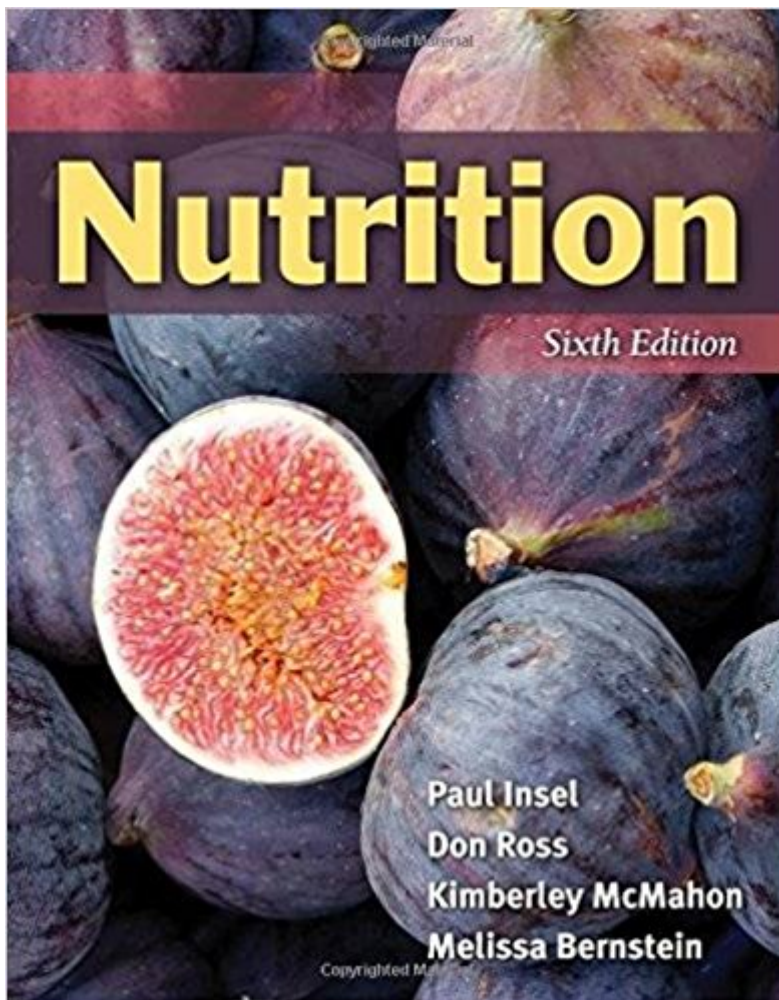




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Nutrition



Synopsis

Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, animations, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools. Written for majors and advanced non-majors, the Sixth Edition of Nutrition provides a modern, comprehensive introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition. New & Key Features: - NEW - This text is among the first to highlight the findings and recommendations put forth in the 2015 Dietary Guidelines for Americans - UPDATED - Going Green and FYI boxes incorporate the latest nutrition-related research and news - NEW - The new Getting Personal feature encourages students to apply concepts to their own lives - NEW - Animations within the Navigate 2 eBook help simplify difficult concepts

Book Information

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Customer Reviews

I got an older edition of this for my brother who is easily led astray by cranks and quacks who prey on people with little knowledge of human physiology or nutrition. (He's great on quantum physics and advanced math, but not bio sciences.) He's very happy with it and already has done some checking into info on Vitamin D. He hasn't reported any concerns either with the info presented nor with his ability to make sense of the science without much of a background beyond high school biology. I'd recommend it to anyone curious about nutritional issues or who find themselves lost between news stories of recent research results and counter-claims about the info presented.If

you've made it through high school chemistry you would likely find this text useful.

I'm currently studying up for a Fitness Nutrition Specialist Certification through NASM, and this is the book they gave me as an Ebook. I wanted a hard copy-I'm happy! Easy reading • • •

A must have for nutrition students!

The best book ever

Everything and more. Great.

Book was in good condition, I'm sending it back today! Thanks :)

Arrived perfect!

good book to go along with the class I was taking

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